

A program meal must include foods from at least 3 food groups. One item must be a ½ of vegetables or either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
Blueberry Pancakes Cocoa Puffs Bar Fresh Fruit Or 100% Juice Choice of Milk		Chocolate Oatmeal Benefit Bar Fresh Fruit Or 100% Juice Choice of Milk		Jumbo Waffles Fresh Fruit Or 100% Juice Choice of Milk		Mini Trix French Toast Fruit Loops Cereal Fresh Fruit Or 100% Juice Choice of Milk		Mini Cinni Strawberry Pop-tart Fresh Fruit Or 100% Juice Choice of Milk	
8		9		10		11		12	
Bagel w Cream Cheese Trix Cereal Bar Fresh Fruit Or 100% Juice Choice of Milk		Confetti Pancakes Frosted Fudge Pop-tart Fresh Fruit Or 100% Juice Choice of Milk		Apple Smoothie w Goldfish Chex Cereal Fresh Fruit Or 100% Juice Choice of Milk		Grape Frudel Trix Cereal Bar Fresh Fruit Or 100% Juice Choice of Milk		Pumpkin Bread Choco Chip Oatmeal Bar Fresh Fruit Or 100% Juice Choice of Milk	
15		16		17		18		19	
ENJOY YOUR SUMMER!!									
22		23		24		25		26	

WE'RE HIRING!
 Don't want to work nights or weekends?
 Want to be off when your kids are off?
 Summers off? No Holidays?
Scan the QR code for more info.

